



# Idaho Safe Routes to Schools

Newsletter

Summer 2010

Dear Readers,

There is much training available for locals who are serious about a successful Safe Routes to School program in their community. Often it is challenging to attend webinars on a national schedule, but the National Center for Safe Routes to School overcomes that hurdle by offering all webinars online, available to download after the webinar closes. Click on the link below to watch many previously held webinars for specific training needs for your school's project.

## Previous webinars include topics such as:

- Safe Routes to School Mini-Grants: How a Little Can Go a Long Way
- Ensuring Your Safe Routes to School Program Includes Children with Disabilities
- Environmental Measures for Safe Routes to School: Understanding the Basics of Air Pollution
- What Does It Take To Get Drivers To Yield: Engineering Measures That Work
- Connecting Safe Routes to School and Health
- School Bicycle & Walking Policies: Addressing Policies that Hinder and Implementing Policies that Help
- The Real Cost of School Siting
- Follow the Yellow Brick Road: Learning By Example from an Award Winning SRTS Program
- SR2S: Teens Go Green Program
- Safe Routes to School: A National View of Parent Attitudes and Student Travel
- Complying with the Americans with Disabilities Act within Safe Routes to School
- Safe Routes to School in rural communities

[http://www.saferoutesinfo.org/training/can\\_webinars.cfm](http://www.saferoutesinfo.org/training/can_webinars.cfm)

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## Lewiston School Safety Program



### **Program Promotes School Safety: By Sandra L. Lee of the Lewiston Tribune**

Lack of red or yellow paint doesn't necessarily mean parking is legal, and using the middle of a street to load or unload students is never appropriate. But many people also don't know it's against the law to park within 20 feet of a crosswalk, although it's in the Idaho driver's manual, said Dawn Ristau, coordinator for the city of Lewiston's Safe Routes to School program.

The grant program has built sidewalks near McGhee, McSorley and Centennial elementary schools, and now is helping with educational efforts to improve safety and health, Ristau said.

Members of the Safe Routes to School Task Force have been visiting schools to observe behaviors of motorists and pedestrians, locate safety concerns such as congestion points where vehicles and students interact, and find barriers to walking, biking and "wheeling."

"Wheeling" is a collective term that encompasses everything from scooters and skateboards to the tennis shoes that have wheels mounted in the soles, Ristau said. The hope is that making it easier for students to get around will encourage them toward activities that will improve health and lessen obesity.

Task force members will be at Centennial Monday and Tuesday mornings and at McSorley Wednesday and Thursday mornings while students are arriving, to acknowledge positive and negative behaviors, Ristau said.

No one is going to be shaking a finger at someone who does something wrong, but brochures will be handed out that point out appropriate behavior, she said.

Drivers in the McSorley area, for example, may get a flier thanking them for dropping off or picking up their student on 14th Street, staying clear of bus zones and finding appropriate places to pull over.

That's been a particularly troublesome area with people stopping in the middle of the street to load and unload students, Ristau said.

"If we catch someone doing something inappropriate, we hope that by giving them this thank-you, it will positively redirect them to do the appropriate thing."

At Centennial, the fliers will thank people for dropping students off on Airway Avenue behind the school in the morning and staying clear of crosswalks and neighbors' driveways.

Burrell Avenue in front of the school is dangerous in the morning, and people who use it should drop off students near the flashing school zone lights, not right in front of the school, Ristau said. A major concern on Burrell is cars pulling into the parking lot to drop someone off, then backing out across the crosswalk where student crossing guards and younger children are walking.

*Lee may be contacted at [slee@lmtribune.com](mailto:slee@lmtribune.com) or (208) 848-2266.  
To read the entire article on our website, please visit: <http://www.lmtribune.com/story/northwest/508239/>*

## SR2S Progress Reports

### Aberdeen School District:

The Aberdeen School District in conjunction with the Aberdeen Gem Trail Group held a variety of activities to educate and encourage safe routes to school and adopting a healthy lifestyle. The Aberdeen SR2S committee adopted the slogan "Safe Walk to School: Get Outside and Walk!". All of the education and encouragement programs shared this theme.

On May 10<sup>th</sup> - 11<sup>th</sup>, a Healthy Choices survey was given to students. Students were educated on the importance of healthy lifestyle choices as Safe and Drugfree School staff reviewed the surveys with them.



An art contest was held to promote the SRTS theme of "Safe Walk to School: Get out and Walk!". Over 40 students entered drawings by the May 17<sup>th</sup> due date. The Gem Trail group voted on the top place entrants. 3 bicycles were awarded to the 3 top drawings. The Safe Walk to School was capstone activity that involved over 50 students and parents.

65 bicycle helmets were awarded the district's 3<sup>rd</sup> grade students. Classroom teachers taught students about the importance of safety when walking or riding bicycles to school.

A bicycle rodeo was held on May 23<sup>rd</sup>. Ironically, the May date was chosen for its likelihood of good weather. It snowed on this date. 30 elementary aged students braved the weather and participated in the program.

The highlight of the activities was the Safe Walk to School held on May 25<sup>th</sup>. Over 50 students and parents joined school staff, the Gem Trail Group, and the local Police Chief for donuts, hot chocolate, a lecture on safety, and a raffle for 3 bicycles and 8 helmets.

### City of Moscow/University of Idaho:

In early December we met with SR2S Partners to outline the input needed to develop Travel Plans for all seven schools as well as a global plan for the Moscow Community. Each item of the Travel Plan was delineated and tasks assigned to the appropriate SR2S Partner for each individual school site. The outcome of the meeting was that each Partner was clear on the information we needed to complete the plan. Follow-up meetings were scheduled for early 2010 to complete the Travel Plans.



All seven schools and over 1,000 students participated in International Walk to School Day. For the first time, the junior high was included. A "Polar Walk" event in February had 937 participants and nearly 2,000 cups of hot chocolate were served. Spring "Fill the Racks" activity only saw 560 students participate due to unseasonably snowy weather. A Junior High committee was formed to assist in reaching this unique age group and to encourage the formation of a mountain biking club at the school. 350 4<sup>th</sup> graders and 30 U of I students participated in bike safety lessons. The curriculum is being integrated into U of I and Moscow SD spring curriculum.

All seven schools completed travel plans and formed SR2S Parent Teams.

Incentives awarded to students included: bike helmets, a mountain bike, and several bike related prizes. Volunteers were given coffee cards.

## SR2S Progress Reports Cont'd

### Jerome School District:

Jerome School District and City of Jerome Police Department will co-host our annual bicycle safety lessons for 4<sup>th</sup> through 8<sup>th</sup> graders to train and demonstrate safe walking and riding skills. The school district will conduct parent and student awareness programs during parent/teacher conferences and community activities at the schools.

A Safety Coordinator will organize and supervise safety activities and special events. The school district has incorporated walking pathways from the two new schools to an adjacent subdivision to keep students off city streets. Bike racks are installed at all schools.

To promote bicycle safety, the schools provide a bike safety rodeo each year. Con Paulos Chevrolet also hosts a Community Safety event each September. This year the school district will have a booth at this event to promote walking and biking to school. Information flyers and reminders will be sent home with students.

PE teachers promote walking through a mileage club. Students can earn small rewards for miles walked.

Goal 1. Provide a safe walking and biking route on North Lincoln to Summit Elementary and Jerome Middle School.

Goal 2. Provide educational events and activities for students and all community members regarding health and safety benefits of walking and biking to school.

The Idaho Transportation Department provide prizes for all of our events (reflectors, pencils, whistles, book marks, etc.) We also provided Hot chocolate and various snacks at our walks and fun runs.

Bicycle drawings (including helmets) at:

1. Con Paulos Safety event (6 bikes were donated and raffled off live on radio. Students ranged in age from elementary to Middle School.)
2. Poster Contest (Colten Craig—bicycle winner Summit Elementary)
3. Self Powered Machine (Kaylee Radford bicycle winner Summit Elementary)
4. Fun Run end of the year event (Jesus Estrada was bicycle winner at Summit Elementary)

International Walk to school day a raffle for students was held, and the winner received a pizza party for his/her classroom (Both Jerome Middle School and Summit Elementary had classrooms that received this reward.) At the end of the year in order to collect a greater percentage of parent surveys we awarded an ice cream party for one class in each grade level.



Colten Craig  
Poster contest winner



Kaylee Radford  
Self-Powered Machine Project Winner



Jesus Estrada  
End of the year event (Fun  
Run and awards assembly)



## Idaho Falls Bike Safety Course

### Bike Safety Course Complete: By Tammy Harmer



IDAHO FALLS - More than 60 fifth graders from Ucon Elementary completed a six-week bike training and safety program today. In celebration They took a 12-mile bike ride to Iona Park, had a Bar-B-Que lunch, and rode their bikes some more.

The organizers of this program say it takes a lot of help to get this off the ground. Barb Croft, their teacher at Ucon Elementary said, "They had to take a test, past bicycle safety, they had to pass a bicycle rodeo, we go through an obstacles course to demonstrate their skills."

See the video here: [www.kidk.com](http://www.kidk.com)

## Future of Transportation Survey



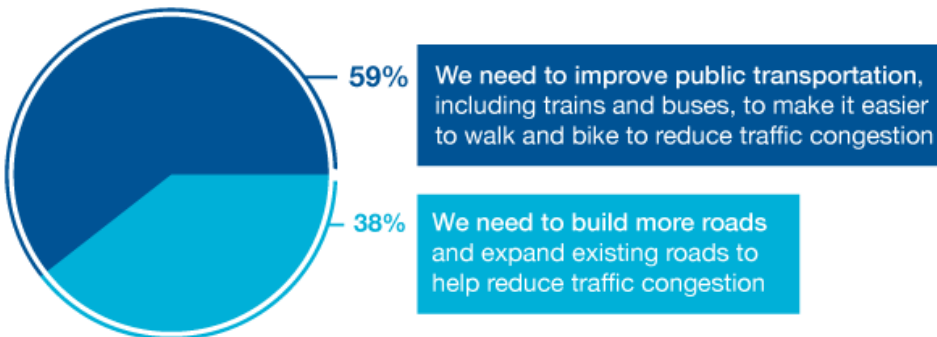
"If Americans themselves were crafting the transportation bill, we would see a doubling of the share for public transportation; an ironclad system of accountability for restoring existing roads and bridges before simply building more of them; and a strong commitment to making all our streets safe enough for kids to bicycle to school or so seniors can walk to nearby restaurants or the drug store."

Geoff Anderson, T4 America

Transportation for America

### Preference to Reduce Traffic Congestion

Future of Transportation National Survey



American voters overwhelmingly support broader access to public transportation and safe walking and biking, according to this new national poll conducted for Transportation for America. More than four-in-five voters (82 percent) say that "the United States would benefit from an expanded and improved transportation system, such as rail and buses" and a solid majority (56 percent) "strongly agree" with that statement.

Read the full article at [T4America.org](http://T4America.org)

## Low Income Resource Guide

### Spread the word about the Safe Routes to School National Partnership's Low-Income Resource Guide

*Register today for June 17 webinar highlighting two local communities featured in the guide*

The Safe Routes to School National Partnership has just issued a new publication, called *Implementing Safe Routes to School in Low-Income Schools and Communities: A Resource Guide for Volunteers and Professionals*. It is critical that as the Safe Routes to School movement grows, we share examples of Safe Routes to School success stories in communities of all types and income levels.

In fact - children from low-income families are twice as likely to walk to school, and face higher pedestrian safety risks on the way. It is up to all of us in the Safe Routes to School movement to make sure that low-income schools and communities are able to implement Safe Routes to School programs and projects.

*We'd like your help in four ways:*

1. [Download the guide](#) and read through it
2. Help share the guide with others - see below for sample text you can put in your newsletters
3. Think about how you might be able to offer assistance to a low-income school in implementing Safe Routes to School
4. Share any additional stories of Safe Routes to School successes with [margo@saferoutespartnership.org](mailto:margo@saferoutespartnership.org) so we can keep the conversation going

#### **Background on the publication**

This publication, *Implementing Safe Routes to School in Low-Income Schools and Communities: A Resource Guide for Volunteers and Professionals*, focuses on how Safe Routes to School programs can address the challenges and circumstances unique to low-income communities. It includes specific tips for getting started with Safe Routes to School, plus more than 20 community profiles. These promising practices demonstrate how Safe Routes to School can address:

- Personal Safety: Crime and Violence
- Community Readiness: Awareness and Attitudes
- A Shortage of Professional Expertise
- Limited Parental Involvement
- The Barrier of Distance to School
- Traffic Safety and the Built Environment

The guide will be helpful to a wide range of individuals:

- Parents or community members interested in bringing Safe Routes to School to their school
- Safe Routes to School professionals and non-profits seeking a better understanding of how to implement a successful, culturally sensitive and inclusive Safe Routes to School initiative
- Leaders from state and local government and school systems interested in ensuring that their Safe Routes to School initiatives are inclusive of low-income schools and communities

Interest in this topic is high-nearly 200 people participated in a June 8 webinar that included two of the communities featured in the guide. There were more questions submitted than the presenters had time to answer. Another webinar will be held on June 17. Additional information on the webinars is available at [www.saferoutespartnership.org/lowincomeguide](http://www.saferoutespartnership.org/lowincomeguide).

#### **How you can help share the publication**

Please put the low-income guide in your newsletters, list-serves, and other e-communications to help circulate this guide locally to schools and communities in need of it. You can use one of the short blurbs below in your communications:



*Continued on next page*

## Low Income Resource Guide Cont'd

*Continued from previous page:*

### **Learn more about implementing Safe Routes to School in Low-Income Communities**

The Safe Routes to School National Partnership has issued "Implementing Safe Routes to School in Low-Income Schools and Communities: A Resource Guide for Volunteers and Professionals." This new publication focuses on the challenges and circumstances unique to low-income communities and highlights a number of Safe Routes to School promising practices from around the country. Our goal is to provide parents, nonprofit leaders, school personnel and local government officials with creative and effective solutions to make it safer for more children to walk and bicycle to and from school in low-income communities. The publication and additional information is available for download at: [www.saferoutespartnership.org/lowincomeguide](http://www.saferoutespartnership.org/lowincomeguide).

**Sample Facebook Posting or Tweet:** Learn more about Safe Routes to School success stories in low-income schools through a new publication: [www.saferoutespartnership.org/lowincomeguide](http://www.saferoutespartnership.org/lowincomeguide)

## Preservation Nation

### **School Preservation vs New Remote School Sites**

After encouraging the Wyoming Facilities Committee through meetings and discussions over past few years to encourage rehabilitation instead of demolition, advocates are slowly bringing around a shift in policy - at least as it pertains to Natrona County High School in Casper, Wyoming.

One of the tools the group is using is a recent publication developed through the Helping Johnny Walk to School project available [HERE](#).

Another tool is the extensive website produced by the Alliance for Historic Wyoming that describes the state's policy and practices and their unintended consequences. Visit the site [HERE](#).

### **Wyoming High School To Be Restored By Elizabeth McNamara | May 26, 2010**

In 2005, consultants hired by the School Facilities Commission arrived at the Natrona County High School in Casper, Wyo., intending to assess the condition of the 1927 facility. They "came in and listed all the problems in the school," recalls Mary Humstone, vice president of the Alliance for Historic Wyoming, "but then said nothing needed maintenance because everything was going to be quote-unquote replaced." Ever since, students, alumni, neighbors, and local preservationists have feared that the historic school would be demolished—especially since at least 20 historically significant schools have been razed within the last decade.

*Right: A "This Place Matters" rally gathers for a picture outside Natrona County High School, which county officials pledged to restore.  
Credit: Ken Ball*



Read the article at [PreservationNation.org](http://PreservationNation.org)

## Nampa Safe Routes to School

Here is a sample of Nampa's newsletter with a request for partners and information for the community.

### Nampa Safe Routes to School Steering Committee and Summer Activities.

By Kristi Watkins, Safe Routes to School Coordinator •

Thank you all for your participation and assistance over the last two months. I have so enjoyed getting to know you and look forward to working with you in the next school year.

I will be establishing a steering committee that is made up of city staff, city leaders, parents, and school staff. Over the summer months I intend to meet with the steering committee and develop some goals and plans for activities to jump start the new school year. **Please let me know if you are interested in being a part of our committee. Your input is invaluable.**

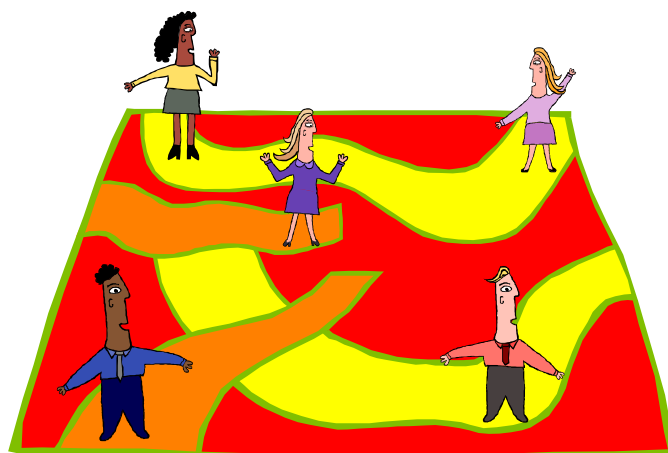
I am also hoping to make contact with some of the summer kid's organizations, like the Boys and Girls Club, the Salvation Army and the Nampa Recreation Center, to hold bike rodeos and other safety events or classes.

The Healthfest event in April got me excited about working with the kids and helped me to realize how much fun they have on their bikes. I was surprised to see how many children were not familiar with the rules of the road and safety procedures. They don't realize they are, not only having fun, but exercising and making responsible decisions. Together we can provide assistance and education that will help those habits become instinctive. We can create healthier, more responsible young adults.

### SPECIAL POINTS OF INTEREST:

We are looking for volunteers to help form committees in the upcoming school year so we can begin to implement some of the fun events we have highlighted in this issue. Please let me know if you have volunteers or staff that would be interested in sitting on such a committee.

Kristi Watkins, Safe Routes to School Coordinator  
411 3<sup>rd</sup> Street South • Nampa, ID 83651  
208/468-5406 • Fax 208/465-2261



## Nampa SR2S Surveys

The Safe Routes to School program requires progress reports to be filed regularly so they can monitor the program and see how the grant money is being utilized. In these progress reports they ask for surveys to determine who is walking or riding to and from school on any given day. We established our baseline data with the surveys that were conducted in March. From those numbers we hope to grow and encourage more children to walk or bike to school.

Surveys will be conducted regularly throughout the year. Some surveys will be quick "hands up" surveys in the classroom. Others will require assistance from school staff to complete. The surveys will be done in May, August and November.

The website also has a parent survey that can either be done on paper or on-line. With the start of next year, we may look at how to best address the parent survey. [www.saferoutesinfo.org](http://www.saferoutesinfo.org)